Postgraduate Diploma
Professional Volleyball Team Training

Endorsed by the NBA

NBA

tech. technological university

Postgraduate Diploma
Professional Volleyball Team Training

- » Modality: **online**
- » Duration: **6 months**
- » Certificate: **TECH Technological University**
- » Dedication: **16h/week**
- » Schedule: **at your own pace**
- » Exams: **online**

Website: **www.techtitute.com/us/postgraduate-diploma/postgraduate-diploma-professional-volleyball-team-training**

Index

01
Introduction

One of the main objectives of every professional volleyball coach is to achieve the best performance, both individually and as a group. This is not an easy task if there is no proper planning of the different sessions, based on an adequate programming and taking into account the sports conditions of each athlete, which are essential elements to achieve successful competition results at the highest level. In this context, this program provides the future technician with all the ICT tools used for the analysis of the athlete, the resources for technical improvement, the psychological management of the group, or the improvement of physical abilities. An advanced syllabus with innovative multimedia content, taught by world-class players in the world of volleyball.

In only 6 months you will have all the keys to be able to develop as a first-level coach of a Professional Volleyball Team"

The philosophy of volleyball training has changed over the years, giving importance to the physical conditions of the athletes, without this being the fundamental axis for the proper development of the athlete in competition. Instead, it is now observed that this process consists of long-term planning and where other factors such as psychological factors come into play.

This scenario has also undergone a great transformation with the incorporation of new technologies, which allow for a much more detailed analysis of individual and collective work. Faced with this reality, TECH offers future coaches a Postgraduate Diploma focused on Professional Volleyball Team Coaching.

Undoubtedly, a program designed for students to progress in this sport through the teachings of top competition professionals. Their experience on the courts and benches of the most famous clubs in the world will be reflected in a syllabus that delves into how to train technique, applications in reading the game, and the use of cutting-edge software to analyze the team's tactics.

An intensive educational journey of only 6 months that will also allow you to delve into the most successful dynamics to achieve group cohesion, motivation, and the necessary activities to improve motor skills in lower categories.

An excellent opportunity to achieve a progression in the field of Professional Volleyball through a flexible and convenient university program. Students only need an electronic device with an Internet connection to be able to view the content of this program at any time of the day.
An ideal option to combine daily personal activities with a quality university education.

This **Postgraduate Diploma in Professional Volleyball Team Training** contains the most complete and up-to-date program on the market. The most important features include:

* The development of case studies presented by experts in Physical Education and Professional Volleyball

* The graphic, schematic and practical contents of the book provide technical and practical information on those disciplines that are essential for professional practice

* Practical exercises where the self-assessment process can be carried out to improve learning

* Its special emphasis on innovative methodologies

* Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments

* Content that is accessible from any fixed or portable device with an Internet connection

Thanks to this program you will be an expert in the planning, design and development of training sessions for a Professional Volleyball Team"

Even the best players make mistakes in body position before a good attack. Perfect this technique thanks to this 100% Online program"
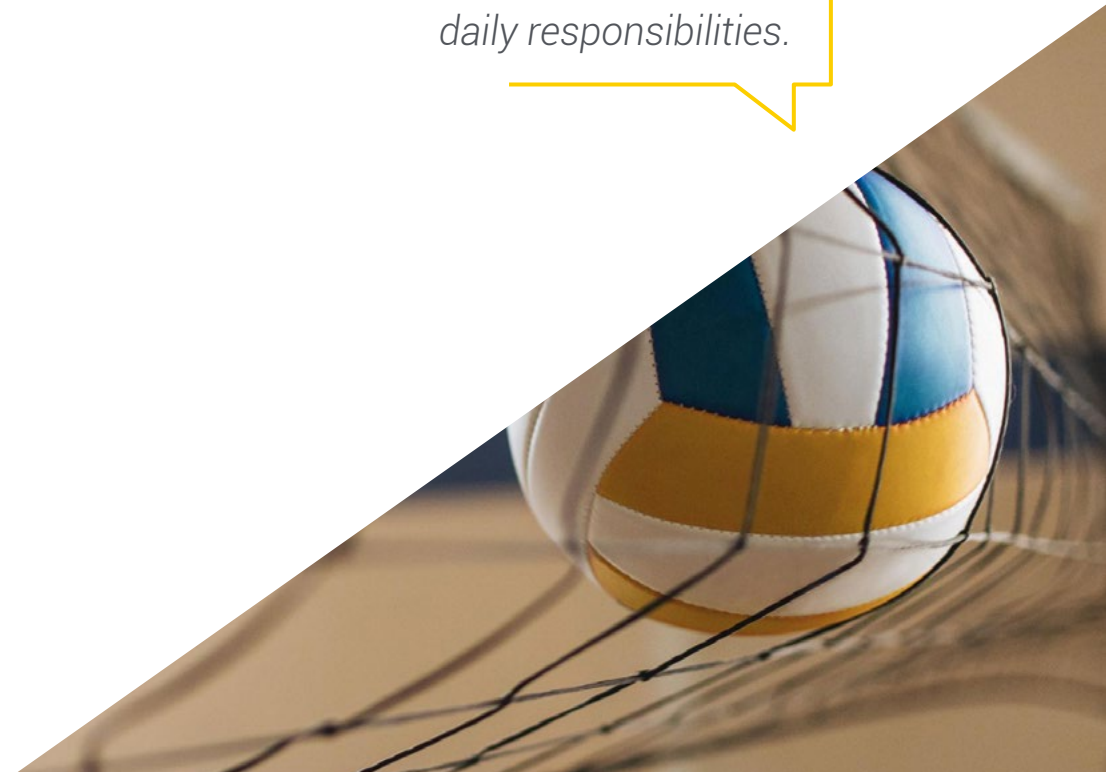
You will successfully work with your team on the most effective group dynamics for cohesion and control of emotions in sport.

No attendance, no classes with guidelines schedules. An ideal program to combine with your daily responsibilities.

The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the educational year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

02
Objectives

This Postgraduate Diploma offers future professional volleyball coaches all the pedagogical tools they need to perfect their players' techniques and design a strategic training plan for the entire season. All, in addition, with the support of a teaching team made up of athletes who have first-hand knowledge of the demands of high competition.

Enroll in a theoretical-practical qualification that will make you grow as a top-level coach in the world of volleyball"

General Objectives

- Plan specific training for the full development of the volleyball player
- Structure general training for the achievement of team objectives
- Apply recovery strategies adapted to the needs of the athlete
- Assess and develop the player's capabilities to bring them to their maximum potential
- Lead the training area in a high level team
- Develop the correct physical preparation of a player

Specific Objectives

Module 1. Individual Technique

* Delve into the different technical fundamentals of volleyball
* Delve into volleyball training methods
* Explain the different techniques and the most frequent errors in high competition
* Describe the strategies to train placement, reception, finger touch, forearms, block, service, and attack

Module 2. Technology in volleyball

* Know the existing technological systems for the extraction of data on the technique and game of each player
* Know how to perform an exhaustive analysis of the extracted data, and therefore improve the performance of the player and the team
* Delve into how to use video as a tool for analysis and game improvement
* Indicate how to present the results of a match study effectively through new technologies

Module 3. Sports Psychology

* Delve into the most effective motivational strategies in a sports team
* Delve into the management of players' emotions
* Understand the leadership role of a volleyball team
* Know the team dynamics in order to put them into practice

Module 4. Fitness and physical preparation

* Acquire advanced learning about stress theories and their application in volleyball
* Analyze the physical capacities of flexibility, strength, endurance, speed, and their manifestations
* Design physical training for volleyball teams
* Know the essential elements of physical training planning

Manage the pressure on your players much more assertively before games of vital importance to achieve a title"

03
Course Management

The management and teaching staff of this Postgraduate Diploma is made up of renowned volleyball athletes. Their experience in the most demanding national and international competitions has led them to achieve success and to masterfully pour it into this program. In this way, students will obtain the most important information on the planning and development of training in this sport from the best professionals in this field. A unique opportunity that only TECH offers.

Illustrious players from the volleyball world will show you their expertise on improving player technique both offensively and defensively"

Management

Ms. Tabeayo Martínez, Nerea

- Voley Murcia player
- Graduate in Physical Activity and Sports Sciences from the Faculty of Physical Activity and Sports Sciences at UCAM - San Antonio Catholic University of Murcia
- Volleyball Coach Level 1

Professors

Ms. Vizcaíno Río, Sabela

- Specialist in Sports Psychology
- Degree in Psychology from UNED
- Master's Degree in Human Resources Management by IEBS
- Master in Sports Psychology

04
Structure and Content

This Postgraduate Diploma has an advanced curriculum in Professional Volleyball Team Training. A content that will allow the professional to exponentially improve the individual technique of their players, as well as the group game, all through an agenda that will lead to delve into the incorporation of ICT to the analysis of the athlete, the psychological management of pressure in high competition, and strategies to improve physical performance. This intensive educational journey is complemented by the numerous pedagogical resources to which you will have access 24 hours a day, from any electronic device with an Internet connection.

"
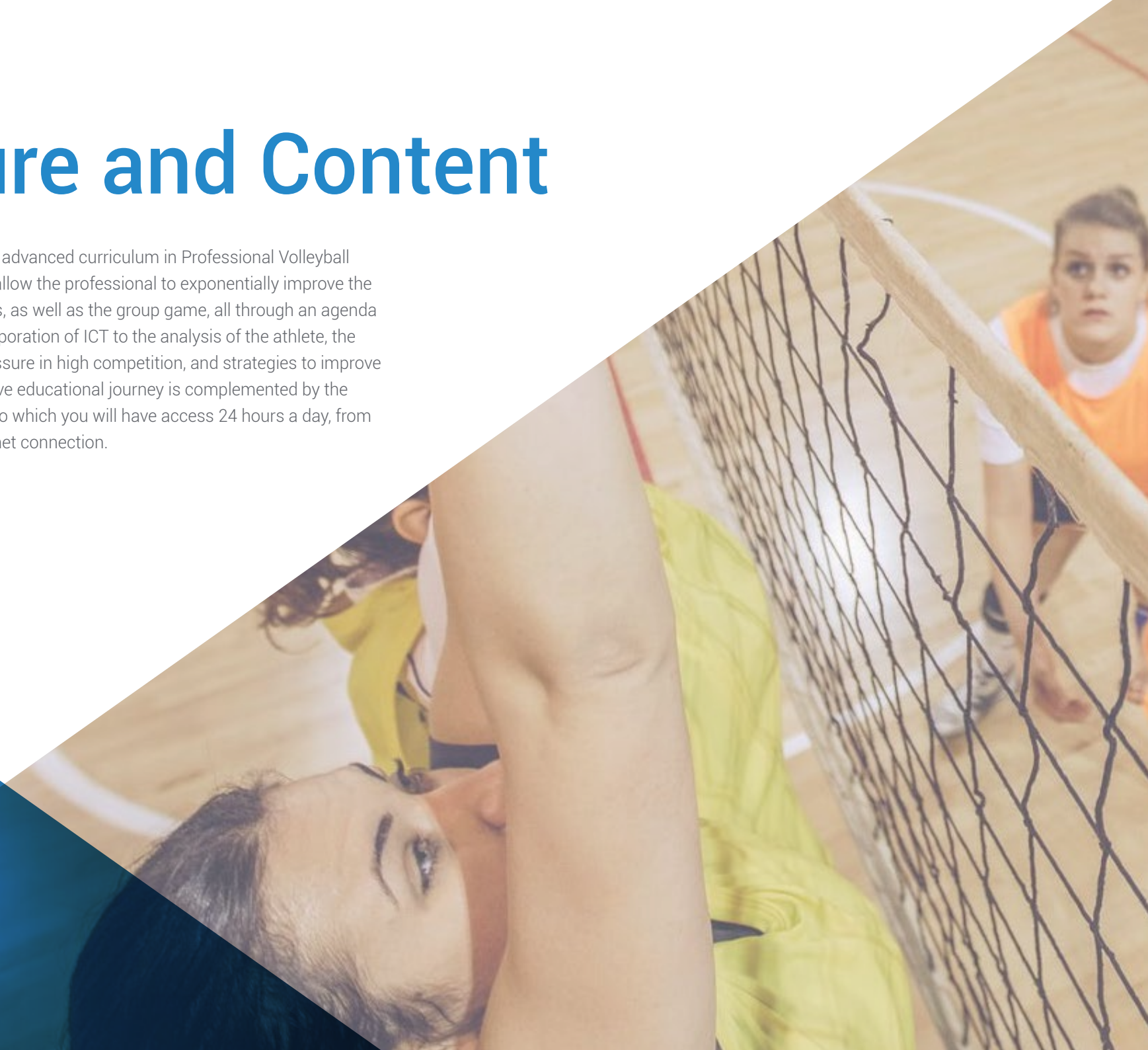
Bring the most innovative technology to the world of Professional Volleyball and improve your team's in-game performance"

Module 1. Individual Technique

1.1.   What Is The Technique?
    1.1.1.   Technique Definition

1.2.   Importance with Respect to Other Sports
    1.2.1.   Athlete Development
    1.2.2.   How to Train Them?
    1.2.3.   Importance of a Correct Technique in the Game and in Health
    1.2.4.   Development of Physical Skills
    1.2.5.   Applications in Play Reading
    1.2.6.   Key Aspects of an Athlete's Health
    1.2.7.   The Impact of Individual Technique on Team Play

1.3.   Canary Islands Health
    1.3.1.   What Is It?
    1.3.2.   Types of Services
    1.3.3.   Service Phases
    1.3.4.   How to Train Them?

1.4.   Blockages
    1.4.1.   What Is It?
    1.4.2.   Upper Trunk
    1.4.3.   Lower Trunk
    1.4.4.   How to Train Them?

1.5.   Attack
    1.5.1.   What Is It?
    1.5.2.   Types of Attacks
    1.5.3.   Attack Phases
    1.5.4.   How to Train Them?

1.6.   Reception
    1.6.1.   What Is It?
    1.6.2.   Pre-Reading
    1.6.3.   Body Position
    1.6.4.   How to Train It?

1.7.   Defense
    1.7.1.   What Is It?
    1.7.2.   Pre-Reading
    1.7.3.   Body Position
    1.7.4.   How to Train It?

1.8.   Positioning
    1.8.1.   What Is It?
    1.8.2.   Types of Placement
    1.8.3.   Importance in Games
    1.8.4.   How to Train Them?

1.9.   Forearm
    1.9.1.   What Is It?
    1.9.2.   Body Positioning
    1.9.3.   Applications
    1.9.4.   How to Train Them?

1.10. Finger Touch
    1.10.1. What Is It?
    1.10.2. Body Positioning
    1.10.3. Applications
    1.10.4. How to Train Them?

Module 2. Technology in Volleyball

2.1.   Using Video: How to Use Video as a Tool for Game Analysis and Improvement
    2.1.1.   Why Is It Important?
    2.1.2.   Objectives
    2.1.3.   Study Elements
    2.1.4.   Application after Analysis

2.2.   Tactical Analysis: How to Analyze the Team's and the Opponent's Play
    2.2.1.   Why Is It Important?
    2.2.2.   Objectives
    2.2.3.   Opponent's Tactics
    2.2.4.   Tactics of our Team

Module 3. Sports Psychology

Module 4. Fitness and physical preparation

4.1. Lower Categories and Motor Skills
    4.1.1. Importance of Physical Preparation in Lower Categories
    4.1.2. Motor Skills Training
    4.1.3. From Motor Skills to Physical Abilities
    4.1.4. Planning in Lower Categories

4.2. Threshold Law
    4.2.1. Definition
    4.2.2. How Does It Affect Training?
    4.2.3. Evolution of the Organism During Training
    4.2.4. Application in Volleyball

4.3. Theories on Stress
    4.3.1. Definition
    4.3.2. Stress as a Physiological Process
    4.3.3. Types of Stress
    4.3.4. Application in Volleyball

4.4. Principle of Supercompensation
    4.4.1. Definition
    4.4.2. Phases
    4.4.3. Determining Factors
    4.4.4. Application in Volleyball

4.5. Physical Capabilities
    4.5.1. What are they?
    4.5.2. Flexibility
    4.5.3. Strength and Its Manifestations
    4.5.4. Resistance and Its Manifestations
    4.5.5. Speed and Its Manifestations

4.6. Specific Jumping Training
    4.6.1. Technical Characteristics of Jumping in Volleyball
    4.6.2. Influence of a Correct Jumping Technique on the Game
    4.6.3. Importance of a Correct Technique in Health
    4.6.4. Design a Jump Training Plan

4.7. Design of a Training Plan
    4.7.1. Importance of a Correct Planning
    4.7.2. Planning Criteria and Objectives
    4.7.3. Training Structure
    4.7.4. Models: Forerunners, Traditional and Contemporary

4.8. Periodization of Training
    4.8.1. Definition
    4.8.2. Planning Units
    4.8.3. Planning Models
    4.8.4. Specific Needs

4.9. Training Load
    4.9.1. Definition
    4.9.2. Load Distribution
    4.9.3. Parallel-Complex Method
    4.9.4. Sequential-Contiguous Method

4.10. Recovery and Rest
    4.10.1. Definition
    4.10.2. Importance of the Recovery Phase
    4.10.3. Examples of Exercises
    4.10.4. Feedback as Final Objective

Enhance your players' jumping in blocking and attacking through the best strategies shown in this university program"

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.

"Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

"

At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"

You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.

A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

"

Our program prepares you to face new challenges in uncertain environments and achieve success in your career"

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

The student will learn to solve complex situations in real business environments through collaborative activities and real cases.

Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

In 2019, we obtained the best learning results of all online universities in the world.

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically. With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.

This program offers the best educational material, prepared with professionals in mind:

Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.

Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.

Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.

Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.

30%

10%

8%

20%

25%

4%

3%
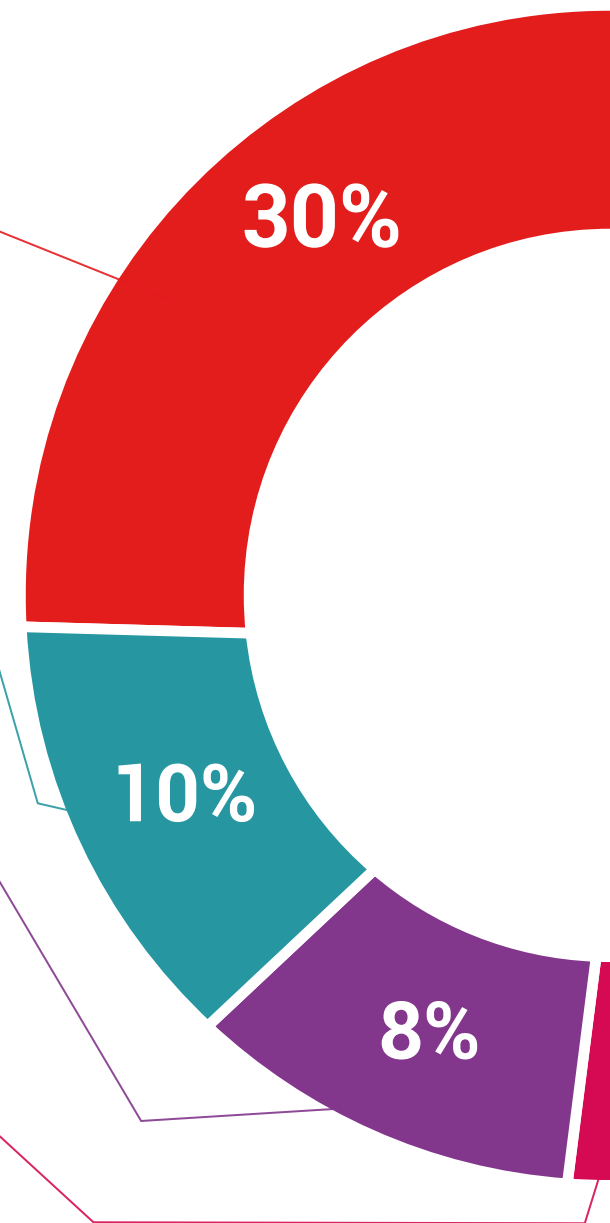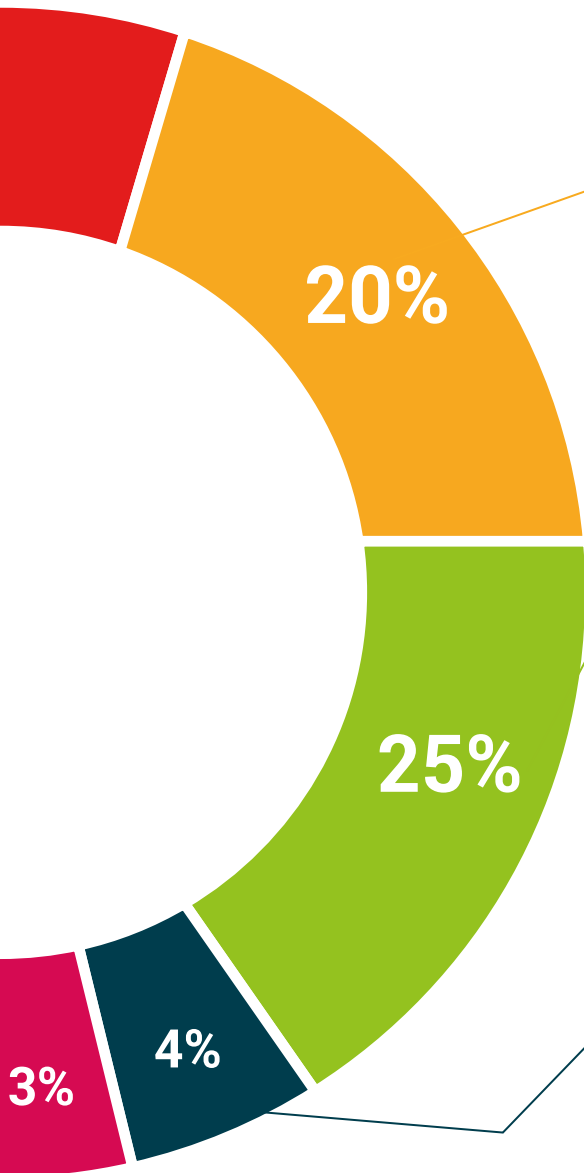
Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.

Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.

06
Certificate

The Postgraduate Diploma in Nombre del Porgrama guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.

Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This **Postgraduate Diploma in Professional Volleyball Team Training** contains the most complete and up-to-date program on the market.
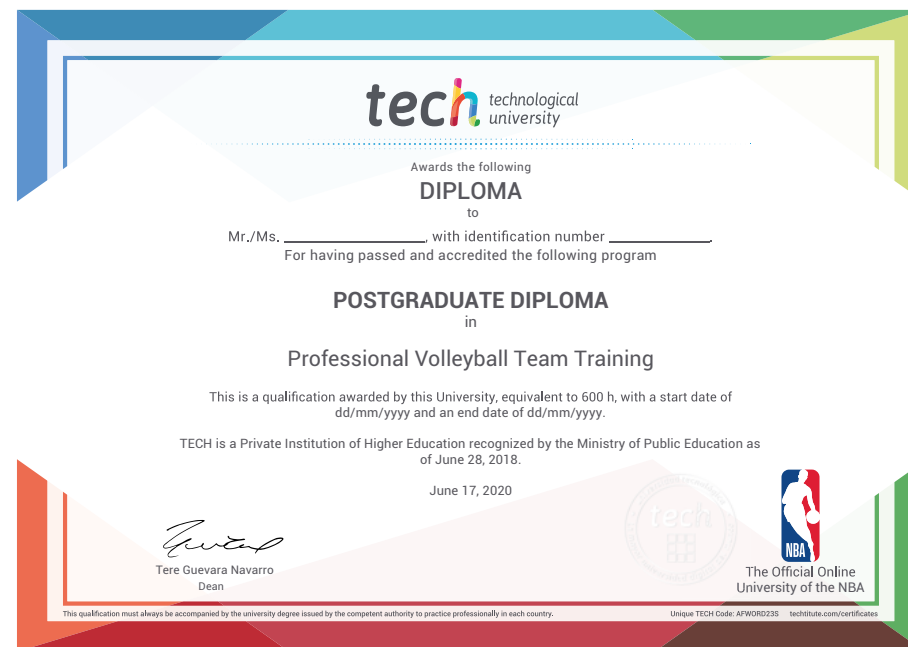
After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma**, issued by **TECH Technological University** via tracked delivery∗.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Professional Volleyball Team Training**

Official Nº of Hours: **600 h.**

Endorsed by the NBA

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tech technological university

Awards the following

DIPLOMA

to

Mr./Ms. _____, with identification number _____.

For having passed and accredited the following program

POSTGRADUATE DIPLOMA

in

Professional Volleyball Team Training

This is a qualification awarded by this University, equivalent to 600 h, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

The Official Online
University of the NBA

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.   Unique TECH Code: AFWORD23S   techtitute.com/certificates

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∗Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

tech
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